



Z'paghetti Girlfredo



1/2 of recipe (about 2 cups): 247 calories, 8g total fat (4g sat fat), 789mg sodium, 30g carbs, 9.5g fiber, 18.5g sugars, 20.5g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

Prep: 10 minutes **Cook:** 10 minutes



More: [Lunch & Dinner Recipes, 30 Minutes or Less](#)

Ingredients

28 oz. (about 4 medium) zucchini
4 cups roughly chopped cauliflower
1/4 cup plus 1 tbsp. grated Parmesan cheese
2 tsp. chopped garlic
1/4 tsp. each salt and black pepper
1/2 cup fat-free milk
Optional topping: chopped fresh basil

Directions

Using a spiral vegetable slicer, cut zucchini into spaghetti-like noodles. (If you don't have a spiral veggie slicer, [peel zucchini into thin strips](#), rotating the zucchini after each strip.) Roughly chop for shorter noodles.

Place cauliflower in a large microwave-safe bowl. Add 1/4 cup water. Cover and microwave for 5 minutes, or until soft. Drain excess liquid.

In a blender or food processor, combine cooked cauliflower, 1/4 cup Parm, garlic, salt, and pepper. Add milk and 3 tbsp. warm water. Blend on high speed until smooth and uniform.

Bring an extra-large skillet sprayed with nonstick spray to medium-high heat. Cook and stir zucchini noodles until hot and slightly softened, about 3 minutes.

Transfer noodles to a strainer, and thoroughly drain excess liquid.

Combine drained noodles and sauce in a large bowl and mix well. Reheat, if needed.

Top each serving with 1/2 tbsp. of remaining Parm.

MAKES 2 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.